

EAST CENTRAL ISD 2019-2020 ECHS (SOUTH CAMPUS)

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*belgian waffle	French Toast Bar French Toast Sticks Bananas Strawberries Peaches Sausage Cereal w/ toast Poptart w/ toast Nutrigrain Bar w/ toast Nutrigrain Bar w/ toast French Toast Grahams Yogurt with Granola Choice of fruit juice and fresh fruit	Parfait Vanilla Yogurt Blueberries Strawberries Peaches Granola UBR Cereal w/ toast Poptart w/ toast Nutrigrain Bar w/ toast Nutrigrain Bar w/ toast French Toast Grahams Yogurt with Granola Choice of fruit juice and fresh fruit	Oatmeal Oatmeal Blueberries Brown sugar Raisins Cranberries Diced Apples Cereal w/ toast Poptart w/ toast Nutrigrain Bar w/ toast Nutrigrain Bar w/ toast French Toast Grahams Yogurt with Granola Choice of fruit juice and fresh fruit	Taco Thursday White Flour Tortilla Eggs Refried Beans Bacon Cheese Blend Salsa Cereal w/ toast Poptart w/ toast Nutrigrain Bar w/ toast Nutrigrain Bar w/ toast French Toast Grahams Yogurt with Granola Choice of fruit juice and fresh fruit	Biscuit Breakfast Biscuit Sausage Egg Bacon or Ham Chicken Patty Peppered Gravy Cereal w/ toast Poptart w/ toast Nutrigrain Bar w/ toast Nutrigrain Bar w/ toast French Toast Grahams Yogurt with Granola Choice of fruit juice and fresh fruit

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WK 1 8/19, 9/2, 9/16, 9/30, 10/14, 10/28, 11/11, 12/2, 12/16, 1/13, 1/27, 2/10, 2/24, 3/16, 3/30, 4/1, 4/13, 4/27, 5/11, 5/25	Asian Chicken w/ Stir Fried Rice or Corndog Steamed Carrots Fresh Broccoli w/ranch Cobb Salad Turkey and Ham Sub PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Mandarin Oranges	Chicken Nuggets or Chicken Fried Steak w/roll Mashed potatoes Mixed Green Salad Greek Salad Turkey and Cheese Croissant PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Peaches w/whip topping	Buffalo Strips or Chicken Tenders w/roll Steamed Corn Pinto Beans Chef Salad Ham & Cheese Sandwich PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Pears w/Grapes	Chicken Parmesan with Pasta or Beef Sliders Celery & Tomatos Mixed Green Salad Chicken Fajita Salad Ham & Swiss on Pretzel PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Applesauce	Soup of the Day and Sandwich or Personal Pizza Vegetable Medley Sweet Potato Fries Asian Chicken Salad Italian Sub PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Blueberries w/whip topping
WK 2 8/26, 9/9, 9/23, 10/7, 10/21, 11/4, 11/18, 12/9, 1/6, 1/20, 2/3, 2/17, 3/2, 3/23, 4/6, 4/20, 5/4, 5/18	Chicken Sandwich or Personal Pizza Baby Carrots w/ ranch Fresh Broccoli w/ranch Cobb Salad Turkey and Ham Sub PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Mandarin Oranges	Taco Salad or Spicy Chicken Burger French Fries Mixed Green Salad Greek Salad Turkey and Cheese Croissant PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Peaches w/whip topping	Enchilada w/chili or Chili Cheese Dog Steamed Corn Pinto Beans Chef Salad Ham & Cheese Sandwich PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Pears w/Grapes	Mac & Cheese Supreme or Beef Sliders Potato Smiles Mixed Green Salad Chicken Fajita Salad Ham & Swiss on Pretzel PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Applesauce	Kung Pao Chcken w/ Stir Fried Rice or Chicken Strips Vegetable Medley Sweet Potato Fries Asian Chicken Salad Italian Sub PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Blueberries w/whip topping

If 3-5 items are not selected for reimbursable meal, students will be charged a la carte prices. Choose one serving of fruit or vegetable at lunch for reimbursable meal. Skim chocolate, white and strawberry milk and 1% white milk available for breakfast and lunch. Students may decline any food items. Menus subject to change without notice due to availability of food items.

Thanksgiving Dinner - Nov 19th			Holiday Meal - Dec 17th		
VEG 3/4(3.75)	RED/ORANGE 3/4	DARK GREEN 1/2	STARCH 1/2	BEANS/ LEGUMES 1/2	OTHER 1/2

This institution is an equal opportunity provider.